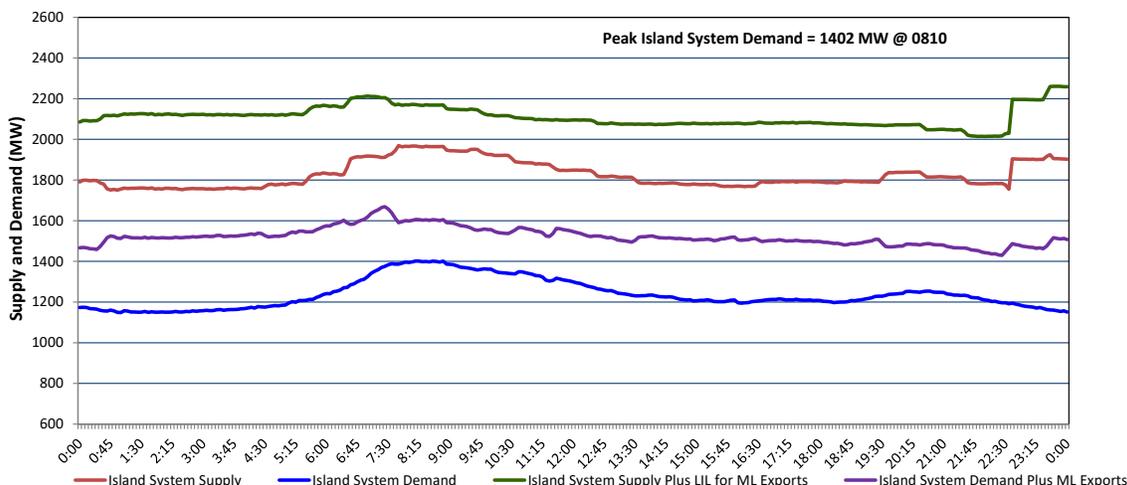


**Newfoundland Labrador Hydro (NLH)  
Supply and Demand Status Report Filed Monday, March 23, 2026**

**Section 1  
Island Interconnected System - Supply, Demand & Exports  
Actual 24 Hour System Performance For Friday, March 20, 2026**



**Island Supply Notes For March 20, 2026**

- A As of 1326 hours, February 05, 2026, Cat Arm Unit 2 available at 57 MW due to forced derating (67 MW).
- B As of 0653 hours, February 27, 2026, St. Anthony Diesel Plant available at 6.7 MW due to forced derating (9.7 MW).
- C As of 1103 hours, March 16, 2026, Holyrood Unit 3 available at 50 MW due to forced derating (150 MW).
- D At 2234 hours, March 20, 2026, Holyrood Unit 1 available at 166 MW due to forced derating (170 MW).

**Section 2  
Island Interconnected System - Supply, Demand & Outlook**

Sat, Mar 21, 2026	Island System Outlook <sup>2</sup>	Seven-Day Forecast	Island System Daily Peak Demand (MW)	
			Forecast <sup>8</sup>	Adjusted <sup>6</sup>
Island System Supply: <sup>4</sup> NLH Island Generation: <sup>3,7</sup> NLH Island Power Purchases: <sup>5</sup> NP and CBPP Owned Generation: LIL/ML Net Imports to Island: <sup>9</sup>	<b>2,064 MW</b>	Saturday, March 21, 2026	<b>1,305</b>	<b>1,210</b>
	1,575 MW	Sunday, March 22, 2026	1,300	1,205
	100 MW	Monday, March 23, 2026	1,435	1,338
	225 MW	Tuesday, March 24, 2026	1,365	1,269
	164 MW	Wednesday, March 25, 2026	1,440	1,343
7-Day Island Peak Demand Forecast:	<b>1,440 MW</b>	Thursday, March 26, 2026	1,305	1,210
		Friday, March 27, 2026	1,235	1,141

**Island Supply Notes For March 21, 2026**

- Notes:
1. Generation outages for running and corrective maintenance are included. These are not unusual for power system operations. They generally do not impact customer supply. Hydro schedules outages to system equipment whenever possible to coincide with periods when customer demands are low and sufficient supply reserves are available. However, from time to time equipment outages are necessary and reserves may be impacted.
  2. As of 0800 Hours.
  3. Gross continuous unit output.
  4. Gross output from all Island sources (including Note 3).
  5. NLH Island Power Purchases include: ML Imports, Exploits Generation, Rattle Brook, Star Lake, Wind Generation and capacity assistance (when applicable).
  6. Adjusted for interruptible load and the impact of voltage reduction when applicable.
  7. Due to limitations inherent in the design of combustion turbines, the output of combustion turbines may be reduced in the event that ambient temperatures exceed the threshold required for full rated output. This threshold is dependent on the design of each turbine.
  8. Does not include ML Exports.
  9. LIL Import sunk in the Island System. Actual LIL flows will be restricted by various system conditions including, but not limited to, Island Load, ML Exports and Avalon Unit status.

**Section 3  
Island Peak Demand and Exports Information  
Previous Day Actual Peak and Current Day Forecast Peak**

Fri, Mar 20, 2026	Island Peak Demand <sup>10</sup>	8:10	1,402 MW
	Exports at Peak		204 MW
	LIL Net Imports to Island		2,434 MWh
Sat, Mar 21, 2026	Forecast Island Peak Demand		1,305 MW

- Notes: 10. Island Demand is supplied by NLH generation and purchases, LIL Imports plus generation owned and operated by Newfoundland Power and Corner Brook Pulp & Paper (Deer Lake Power, DLP).